

Self-managing your diabetes means you are making healthy choices each day. Talk with your health care provider about how you are managing your diabetes. Make positive choices. Good blood sugar control can make a difference.

For more information about diabetes
Call 1-800-860-8747
National Diabetes Clearinghouse

DPH 9357 (Rev.4/05)

Diabetes Health Care Team

NAME

Primary Care Provider
Diabetes Specialist
Dietitian
Diabetes Educator
Eye Doctor
Foot Doctor
Heart Doctor
Dentist
Pharmacy

I have Diabetes:

I may be having a low blood sugar reaction to insulin or diabetes pills.

If I can not be awakened or can not swallow, do not try to give me anything to drink. CALL 911.

If I am awake but acting strangely, give me some regular soda, juice, milk, table sugar, or honey. If I do not get better after 15 minutes. CALL 911.

Personal Diabetes Care Record

Take this card to all your health care appointments.

Name
Address
Telephone number:
In an emergency, contact:

Personal Diabetes Care Record

LAB TESTS	Goal Date:					
	A1c <7% - every 3-6 months					
	Fasting Lipid Panel - yearly					
	Total Cholesterol <200 mg/dL					
	Triglycerides <150 mg/dL					
	LDL <70 or <100 mg/dL					
	HDL ≥40 mg/dL men ≥50 mg/dL women					
EXAMS	Urine Microalbumin <30 mg/dL -yearly					
	Dilated Eye Exam - yearly					
	Dental Exam - every 6-12 months Oral Exam - every visit					
	Foot Exam - visual every visit Complete Exam - yearly					
	Diabetes Visit - every 3-6 months					
SHOTS	Complete Physical Exam - yearly					
	Flu - each fall					
MEDICAL CHECKS & EDUCATION	Pneumonia - once, per your provider					
	Blood Pressure <130/80 mmHg - check each visit					
	Physical Activity Level - talk about each visit					
	Dietitian/Healthy Eating - every 6-12 months or as needed					
	Self-Management Education - every 6-12 months or as needed					
	Home Blood Sugar Testing - review each visit					
	Emotional/Sexual Health - talk about each visit					
	Tobacco Use - talk about each visit					

This record is based on the 2004 Wisconsin Essential Diabetes Care Guidelines. Developed by the Wisconsin Diabetes Advisory Group of the Diabetes Prevention and Control Program, Division of Public Health, Wisconsin Department of Health and Family Services.